

**IN THE CLAIMS**

Please cancel claims 1-33, without prejudice or disclaimer, and add new claims 34-52. A complete listing of the claims follows.

Claims 1-33 (Cancelled).

Claim 34 (New): A shoe insert formed from a reinforced thermoset elastomer material that regulates and dissipates vibration, the shoe insert comprising:

first and second silicone thermoset elastomer layers are each generally free of voids therein; and

a reinforcement layer disposed between and generally separating the first and second elastomer layers, the reinforcement layer consisting of a single layer of aramid material, the reinforcement layer being generally coextensive with the first and second silicone thermoset elastomer layers.

Claim 35 (New): The shoe insert of claim 34, wherein the first elastomer layer has a Shore A Durometer of between approximately five (5) and approximately twenty (20) and the second elastomer layer has a Shore A Durometer of between approximately thirty (30) and approximately seventy (70).

**Claim 36 (New):** The shoe insert of claim 34, wherein the aramid material is a woven sheet.

**Claim 37 (New):** The shoe insert of claim 36, wherein the woven sheet generally separates the first and second elastomer layers causing the material to have three generally distinct and separate layers.

**Claim 38 (New):** The shoe insert of claim 34, wherein the aramid material is formed by a plurality of individual strips of aramid material.

**Claim 39 (New):** The shoe insert of claim 38, wherein the individual strips are general parallel to each other.

**Claim 40 (New):** The shoe insert of claim 39, wherein at least some of the individual strips have different sizes.

**Claim 41 (New):** A shoe insert formed from composite material that regulates vibration, the composite material having three generally independent and separate layers, the shoe insert comprising:

first and second silicone thermoset elastomer layers each being substantially free of voids; and

a reinforcement layer disposed between, coextensive with, and generally separating the first and second thermoset elastomer layers, the reinforcement layer consisting of a single layer of fiberglass material formed by a plurality of individual strips.

**Claim 42 (New):** The shoe insert of claim 41, wherein the individual strips are generally parallel to each other.

**Claim 43 (New):** The shoe insert of claim 40, wherein at least some of the individual strips have different sizes.

**Claim 44 (New):** The shoe insert of claim 40, wherein the first elastomer layer has a Shore A Durometer of between approximately five (5) and approximately twenty (20) and the second elastomer layer has a Shore A Durometer of between approximately thirty (30) and approximately seventy (70).

**Claim 45 (New):** The shoe insert of claim 40, wherein the cloth layer generally separates the first and second elastomer layers causing the material to have three generally distinct and separate layers.

Claim 46 (New): A shoe insert formed from a reinforced thermoset elastomer material that regulates and dissipates vibration, the shoe insert comprising: first and second silicone thermoset elastomer layers, the first and second silicone thermoset elastomer layers being generally free of voids therein; and a reinforcement layer disposed between and generally separating the first and second elastomer layers, the reinforcement layer consisting of a single layer of high tensile fibrous material, the reinforcement layer being generally coextensive with the first and second silicone materials.

Claim 47 (New): The shoe insert of claim 46, wherein the first elastomer layer has a Shore A Durometer of between approximately five (5) and approximately twenty (20) and the second elastomer layer has a Shore A Durometer of between approximately thirty (30) and approximately seventy (70).

Claim 48 (New): The shoe insert of claim 46, wherein the high tensile fibrous material is a woven sheet.

Claim 49 (New): The shoe insert of claim 48, wherein the woven sheet generally separates the first and second elastomer layers causing the material to have three generally distinct and separate layers.

**Applicant: Falone et al.**  
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Claim 50 (New): The shoe insert of claim 46, the reinforcement layer consisting of the high tensile fibrous material formed by a plurality of individual strips.

Claim 51 (New): The shoe insert of claim 50, wherein the individual strips are generally parallel to each other.

Claim 52 (New): The shoe insert of claim 51, wherein at least some of the individual strips have different sizes.